

APRIL 2014



CITY OF HAMPTON
PARKS & RECREATION

Be Fit-Be Well

DITCH STRESS - MAKE PEACE

Kindness has a way of being a gift to self and others. Ultimately, it is the deed and the resulting good feeling that helps us to remain human and connected to one another. You never know whose load you are lightening or whose mood you are lifting. No act is too small or insignificant. Yes, you can influence the condition of the world through something as simple as kindness.

Artists for Peace Concert



**April 24th, 2014
7:00 pm**

Bring your Peace Signs, and use your art to do something positive! Let's bring the community together to celebrate PEACE!



Call 896-4692 or email:
mstclair@hampton.gov to reserve your spot.
Your name must be on the list prior to the show to perform.

No call needed to attend this FREE Concert!

Westhampton Community Center
1638 Briarfield Road, Hampton, VA

ARTISTS (all ages)
Singers, Spoken Word,
Dancers, Musicians...Use your talent and the theme of:
Peace, Sexuality, Religion,
Race, or Inclusion to show even though we have differences, we can still live in Peace!

This is a Hampton Campaign:
"Speak now or forever lose your Peace!"

Sponsored by:

The Citizen's Unity Commission Youth Action Group,
The Youth Consultants for the Community Action Coalition, and
Hampton Parks and Recreation/Performing Arts Programs



Move of the Month - Cable Ab Crunch

The Cable Cross Over Machine Ab Crunch uses the high pulley to work the abdominals. The focus of this exercise is on the contraction of the abs, though some tension can be achieved at the top of the movement, depending on how you position your body.

Primary Muscles Worked:

Rectus Abdominus

Internal and External Obliques

Transverse Abdominus

Description:

The core, six-pack abdominal muscles.

The internal and external muscles on the sides.

The layer of muscle underneath the visible abdominals.



RECIPE OF THE MONTH - Spring Break Breakfast Treat

It's Spring Break and the kids are home and now they are hungry for a good breakfast. Get them running with a healthy & delicious recipe from Quaker Oats. Get more recipes at QuakerOats.com.

INGREDIENTS:

1 1/4 Cups Quaker Oats
3/4 Cup whole wheat flour
1/2 Cup all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt
3 egg whites, beaten
2 1/4 Cups buttermilk
2 tablespoons cooking oil
2 tablespoons honey
Fresh berries of your or your kids, choice
Syrup or honey

DIRECTIONS

In a large bowl, combine dry ingredients, set aside.

In a medium bowl, combine egg whites, buttermilk, oil and honey. Add liquid mixture to dry mixture. Stir until moistened (batter should be lumpy). Cover, let stand for 15 minutes to soften oats.

Pour 1/4 cup batter onto a hot, lightly greased griddle. Spread batter into a circle about 4". Cook over medium heat for 2 minutes per side. Turn over when edges are set.

Serve with fresh berries and syrup. Makes 8 servings (16 pancakes).



Leaving a Legacy

Y.H. Thomas Community Center, unlike others in the city, is unique in that it is often staffed by volunteers for programs and special events. The foremost of which, most would agree, is Associate Director of Facilities, Mr. Ernest Ferguson.

After serving the community center faithfully for 18 years Mr. Ferguson will be retiring April 28, 2014. His unwavering support and commitment to the community has left a legacy that will never be forgotten.

Thank You Mr. Ferguson!

Running the Course

Art Mertz, Chief Ranger for Hampton Parks & Recreation will be running the 24 hour Ultra Race on April 26 & 27th at Sandy Bottom Nature Park. The Ultra is in its 11th year at SBNP and Art will be running along with 200 other runners; the youngest is 13, the oldest is 80, and they hail from more than 15 states.

The Ultra raises money for the American Cancer Societies "Relay for Life" program and is expected to raise over \$15,000 this year. For more information on this event contact George Nelson at 874-4635 or Art Mertz at 825-4620.

BIRTHDAY PARTIES AT FORT MONROE COMMUNITY CENTER

What better way to celebrate your child's birthday than at Ft. Monroe Community Center where they will enjoy all the excitement and adventure with their favorite friends & family. Each birthday party package includes the following:

- ◆ Twelve party guests
- ◆ Two hour use of our Birthday Rooms
- ◆ Choice of Cheese & Pepperoni Pizza with Drinks
- ◆ Cupcakes for every guest

(You are permitted to bring other food items that can be stored within our kitchen area at the time of your party.)

- ◆ A Wonderland gift for the birthday boy or girl

When you book your party with us, you also get to choose from one of the following Themes:

Princess & Tea

Let's Slide & Dive

Games Fun-a-rama

Hip Hip Hooray, It's My Birthday Today

Contact Nicole Dennis at 727-6831



Sandy Bottom Nature Park's Easter EGGstravaganza

**Saturday, April 19th
10am to 3pm**

**\$5 per child,
accompanying adults
are free**

There will be fun for the entire family!
Hunts will be divided into age groups starting at 10am. Contact Sandy Bottom Nature Park at 825-4657 for more details on hunt times.





**CITY OF HAMPTON
PARKS &
RECREATION**

Administrative Office - 727-6348
22 Lincoln Street

Fort Monroe Center - 727-6831
100 Stillwell Road

Newtown Center - 728-1710
4315 Kecoughtan Road

North Phoebus Center - 727-1160
249 W. Chamberlain Ave.

Northampton Center - 825-4805
1435-A Todd's Lane

Old Hampton Center - 727-1123
201 Lincoln Street

Senior Services Center - 727-1601
3501 Kecoughtan Road

West Hampton Center - 896-4687
1638 Briarfield Road

YH Thomas Center—727-1200
1300 Thomas Street

www.hampton.gov/parks

Facebook at *HamptonVA*

Join the fun!



**Saturday, April 19, 2014
Mill Point Park 10am-5pm**

**Experience the Sights, Sounds
& Tastes of over 35 countries!**

What began fourteen years ago as an international festival for children has blossomed into an event for the young and young-at-heart. Live performances, ethnic foods and educational booths feature something for everyone.

New & exciting this year is “Animals From Around the World.” What’s even better than that? Camel Rides! Yep, that’s right, rides on a real live camel (\$3 per person). Don’t Miss it!

